

HEART BASED LIVING

CANTÉ

ISTA



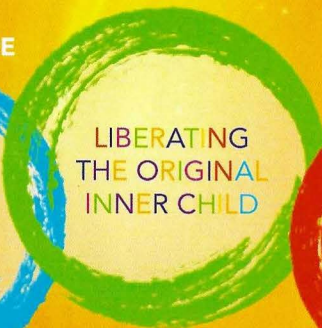
BRIDGING THE GAP

WHO YOU
THINK YOU ARE

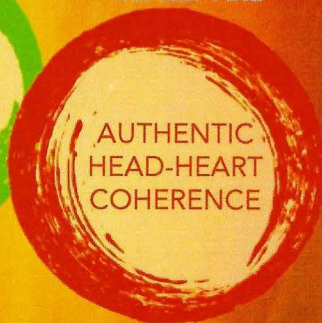


GENUINE
SELF
LOVE

WHO YOU
REALLY ARE



LIBERATING
THE ORIGINAL
INNER CHILD



AUTHENTIC
HEAD-HEART
COHERENCE

THE TRINITY THAT TAKES YOU BACK TO WHO YOU REALLY ARE

TO INSPIRE AND ENCOURAGE YOU TO COME BACK HOME
THE HEART IS YOUR PRIMARY AUTHENTIC ORIGINAL HOME
THIS HOME IS WHERE THE TRUE SOURCE OF YOUR
EFFORTLESS CREATIVITY RESIDES

EVERY PART OF YOU IS DESIGNED AND BUILT TO OVERCOME
CHALLENGES, AND YOUR HEART HAS THE POWER TO FREE YOU
FROM ANYTHING THAT WOULD HOLD YOU CAPTIVE.

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PTO

HEART BASED LIVING

HAD ENOUGH OF THE FOLLOWING

**HOLDING BACK
LOST AND ISOLATED
LACK OF CREATIVITY
FEELING LIKE A VICTIM
HIDING BEHIND THE MASK
LIVING A HALF HEARTED LIFE
NOT ENOUGH MONEY OR ENERGY
WAITING FOR THINGS TO CHANGE
NOT BEING YOUR TRUE AUTHENTIC SELF
NOT BRINGING ALL OF YOU TO YOUR LIFE
PRETENDING TO BE SOMETHING YOU'RE NOT
THE SAD FEELING THAT LIFE IS PASSING YOU BY
SETTLING FOR THINGS THAT DO NOT EXCITE YOU**

Please know that your heart developed before your brain and contains the essence of who you really are, so if you are alive and reading this and have felt any of the above feelings or combination of, just maybe you are on a path or journey back to your true self. And these thoughts and feelings are a reflection of your mind's interpretation of the journey up to this point, and so now the time is right to experience the treasure within your chest. This really is a matter of the heart to assist you coming home to your true nature.

**LOVE
CHOICE
GROWTH
FREEDOM**

LOOKING OUT AT THE WORLD IT'S OBVIOUSLY BEEN THINKING WITHOUT A HEART FOR A LONG TIME. THE WORLD HAS TO CHANGE IF WE ARE TO SURVIVE AND THRIVE. DUALITY CONSCIOUSNESS HAS TAKEN US AS FAR AS IT CAN. WE NOW NEED TO TAKE OUR CUE FROM UNITY CONSCIOUSNESS. THERE IS A DEEP DESIRE WITHIN MANY OF US TO MOVE TOWARDS WHAT WE KNOW TO BE NATURAL.

**IF THIS RESONATES WITH YOU PLEASE CONTACT ROB
FOR WORKSHOP DATES, TIMES AND PLACES.**

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